

Discus throw handbook 2

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Keep the throwing arm fully extended.

-Keep the throwing arm in the same position as in the last moment of the wind up so the tension does not disappear

And use this tension while making the throw

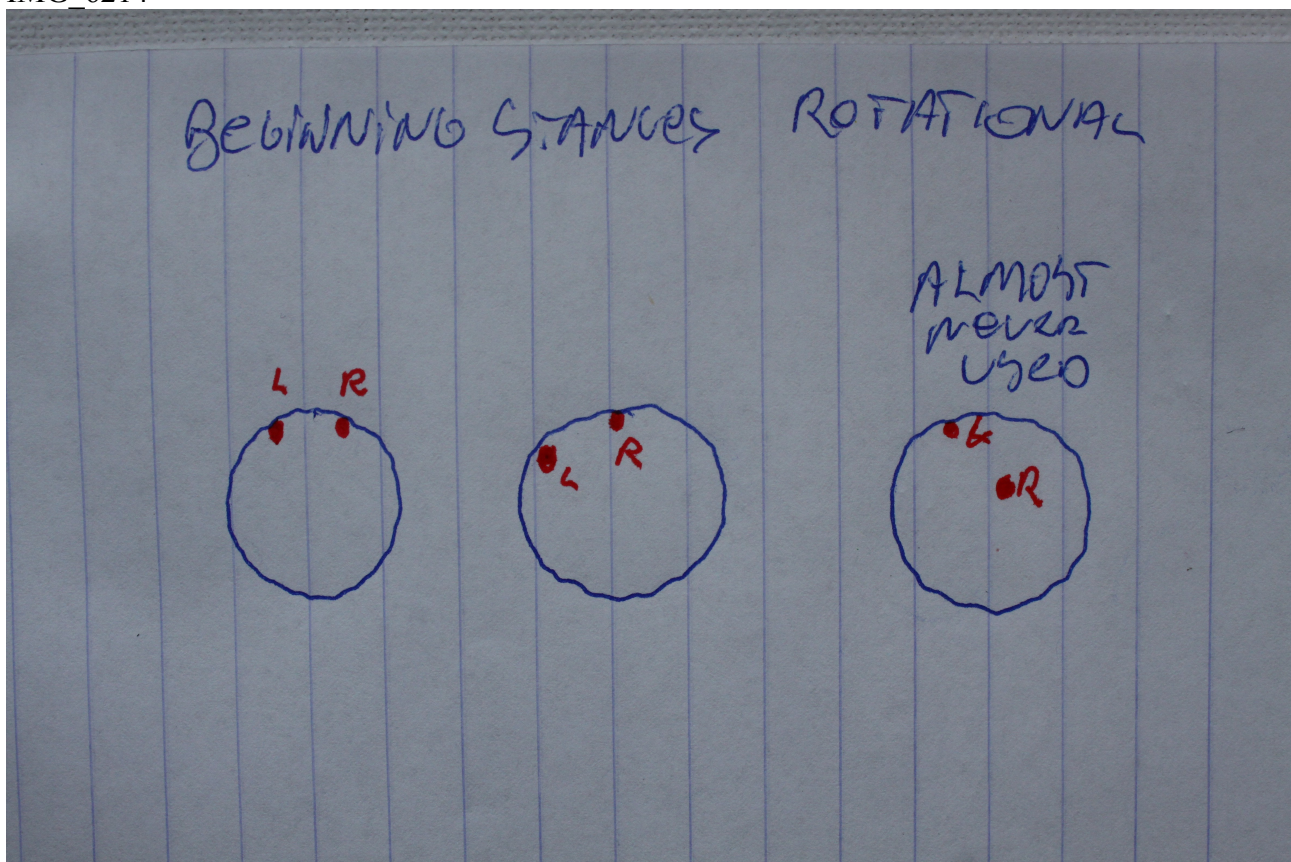
Make sure the discus leaves the hand finger after finger starting with the pinky finger

Go from low or medium low and bend to high and extended

If you start pretty low do squats to increase upward power

Foot placements in the beginning of the throw:

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Feet placement types:

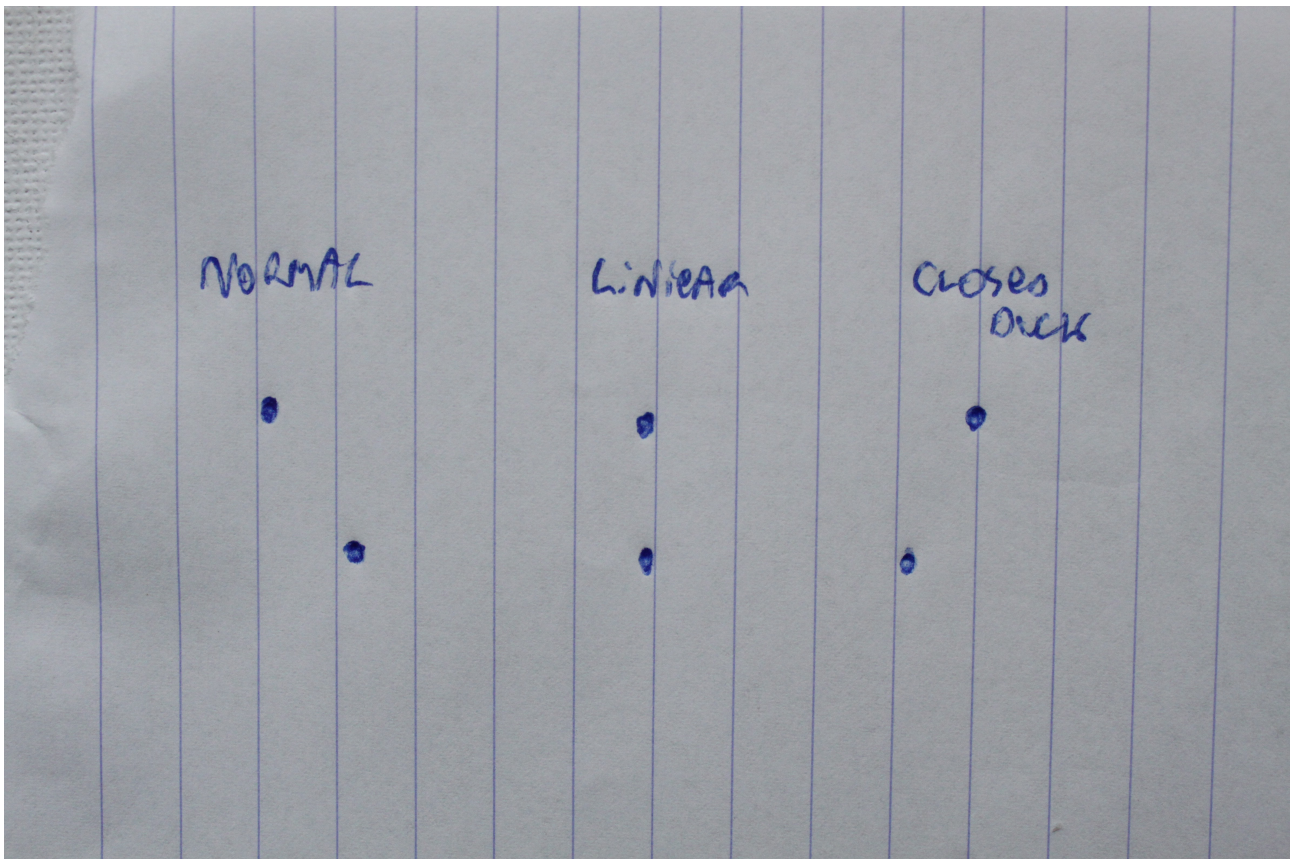
Power stance phase:

Normal

Linear

Closed duck

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Types of throwing:

Active release

There's a short air time or small jump

Fixed feet release

The feet stay fixed on the floor

Block with the left leg:

A good block equals a better throw

Work up against the blocking leg

The stick method

The leg is almost fully extended

The pole vault method

Where the leg is bend a little to quite a lot
and while throwing extends again

Tip: Do stability exercises

Interesting way of training:

Focus on;

The wind up

Turning in the left foot

The throwing arm positions throughout the throw

Non throwing arm use and positions throughout the throw

Right leg swing or kick

Getting into the powerstance

The throw and the release
-And mix them up afterwards

Powerstance pivot drills:
180 degree turns to powerstance
Backward turns
The right leg or right feet is the one that pivots
While the left leg constantly moves backward in to a powerstance

Tip:
Leg agility (agility ladder for example)
and hurdle exercises can be done to improve footwork

Technique times of professional discus throwers:
The time starts right after the wind up until the implement
leaves the hand
Rotational discus throwers:
around 1.10 seconds to 1.40 seconds

Warming up with the discus:
Discus releases
Right to left:
Throwing from one hand to the other and catch it around hips height
or slightly lower catch hold and throw like the discus is thrown
This can also be done behind the body to in front of the body again

Discus flips:
The discus makes flipping motions and is caught again
don't throw it up to high